

## I. Introduction

- A. Welcome back to our series, Anxiety Detox. Today we are diving into Part 2, a message I'm calling "Seizing the Hijacked Script."
- B. Last week, we looked at the incredible superpower God gave you: your imagination. It's the ability to run mental simulations of the future. But we also looked at how that superpower gets weaponized against you. When anxiety takes over, those mental simulations take a dark turn. We run a disaster film in our heads where one bad thought lights the next, and before you know it, "the dog ate my homework" turns into "the entire world is blowing up." We called it catastrophizing. Horriblizing.
- C. **Imagination Hijacked**
  - 1. Anxiety is a chain reaction, so one thought leads to another.
  - 2. Anxiety is a chain reaction of thinking that is logical, so that at every step the logic is airtight.
  - 3. Anxiety is a chain reaction of thinking that is logical and it is habituated so that it gets its own energizing power, is self reinforcing, and spins faster and faster until its out of control.
    - a) All of this plays like a movie in your head.
- D. **Hijacked Mind Studio**
- E. So the brutal reality for many here today is this: The movie studio of your head has been hijacked.
  - 1. A rogue director—driven by your dark side, by your past trauma, and by the enemy himself—has locked the doors to the projection room. That rogue director is playing a disaster film on a continuous loop. It's a movie about your failure, your bankruptcy, your kids falling apart, or your health failing. And you are sitting alone in the theater of your own mind, suffering the very real emotional and physical trauma of a tragedy that hasn't even happened.
- F. So, how can you stop it?
- G. What you need is what the Bible calls a renewed mind.
- H. You march into the studio, you exercise your resurrected authority, you fire the director, and you hand the crew a brand new script.
- I. I want to show you how to do that. All of that. How to get the script. How to hand the script to the characters in your story.

## II. Case Study

- A. **Giants Ahead**
- B. Three thousand four hundred years ago, a man named Joshua was facing the ultimate anxiety-inducing future. Moses, the legend, was dead. Joshua was suddenly put in charge of 2 million people and commanded to conquer a land filled with literal giants living in fortified cities.
- C. If anyone could have a disaster movie playing in his head, it was Joshua.
- D. But before God gave Joshua a battle plan for the land, He gave him an anxiety detox plan.
- E. Listen
  - 1. *"This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."* (Joshua 1:8,9)
- F. God didn't tell Joshua to take a deep breath, look within, and find his bliss. He told him to open his mouth, take hold of the Word, and meditate.
- G. I'm going to show you that meditation is a secret weapon. It's not what you think it is.
- H. Meditation is an act of total war on anxiety and fear.
  - 1. Biblical meditation is the act of thinking, mulling over, and repeating the truths of God.
- I. And by the time we are done today, I am going to give you the exact, tactical methods to take back the hijacked script in your head, tear it to shreds, and start running the story of victory God has already written for you.

## III. The Battle Plan

- A. Picture Joshua standing on the banks of the Jordan River. Moses, the greatest leader Israel has ever known, has just died. The mantle of leadership has fallen onto Joshua's shoulders. He is staring across the river at a land filled with walled cities, trained armies, and literal giants.
  - 1. Before God gives Joshua a single piece of *military* intelligence, He gives him strategic *spiritual* intelligence.
  - 2. God knows that if Joshua loses the war in his head, he will never win the war in the valley.
- B. God says: "This Book of the Law shall not depart from your... mouth."
  - 1. There is no book on earth that can ever compare with this collection of books called the Bible. It is one of a kind.
    - a) The Bible is the decrypted intelligence briefing of heaven.
    - b) The Bible is the wisdom of God translated into a framework mortals can execute.
    - c) The Bible is the mind of the Creator, handed to you in print, expressing His unsearchable wisdom and grace in stories, teachings, prophecy, poetry, and more—to renew your mind with His truth, beauty, and love, rooting you ever deeper in the victory of Christ.
    - d) There is NO Revelation of God that you need besides what is written in the Bible.
      - (1) No visions. No dreams. No inner voices. No real voices. No hunch. No prophecy. No "word of knowledge." No apparitions. No angelic encounter. No nothing.
    - e) The Bible is more than enough for your maturity, your prosperity, and your success.
- C. And Notice He doesn't say it shouldn't depart from your bookshelf.
  - 1. He doesn't even say it shouldn't depart from your mind.
  - 2. He says your mouth.
    - a) And then He follows it up with: "...but you shall meditate in it day and night."

- D. When you hear the word "meditate," what pops into your head? You probably picture someone sitting cross-legged on a yoga mat, eyes closed, listening to a waterfall track, trying to empty their mind, breathing incense. That is Eastern meditation, which is radically different than what the Bible means.
1. In Eastern meditation, the goal there is detachment.
  2. The content is nothingness.
- E. But biblical meditation is the exact opposite. God is not telling you to empty your mind; He is commanding you to fill your mouth *in order to renew your mind*.
- F. The original Hebrew word translated as "meditate" is the word *hagah* (הָגָה).
1. It doesn't mean to sit in silent, blank stillness.
  2. This word literally means to mutter.
    - a) To murmur. To whisper. To speak under your breath.
    - b) The prophet Isaiah uses this exact same word, *hagah*, to describe a lion growling over its prey. The lion isn't just thinking about the meal; the lion has the meal in its teeth, chewing on it, growling over it, fiercely guarding it.
  3. That is what God is telling you to do with His Word.
  4. DEFINITION: Meditation is the systematic rewiring of your mind and emotions, rooted in the promises of Scripture (Joshua 1:8, Psalm 1:2). It is not a quick fix to instantly silence panic, but a daily, compounding practice. By actively and vocally reviewing God's Word, you gradually displace the habituated chain reaction of anxiety with a completely new chain of thinking—one permanently rooted in the faithfulness, power, and grace of God.
- G. It may surprise you to know that you are already a master at meditation. You already do it all day long. When you walk around your house muttering under your breath about your job, your spouse, your kids, or your dog, you are *hagah-ing*.
1. You are muttering a script.
  2. You are chewing on God's truth.
  3. You are mouthing the script for a disaster movie where you are the helpless victim, constantly chewing on fear.
- H. The Rogue Director**
- I. God is telling Joshua, and He is telling you right now: You have to fire the rogue director in your head and seize the hijacked script.
- J. And that starts when you stop muttering the script of your past failures or all the failures around you.
1. For every anxious muttering moment, try 2 meditation muttering moments.
  2. Do you not know that the empty tomb of Jesus makes you a new creation?
    - a) You have authority.
    - b) You have victory.
    - c) You have power.
    - d) You have blessing.
    - e) You have promises.
      - (1) How about you mutter a little of that once in a while?
- K. I am suggesting you take the finished work of Jesus Christ, the abundance of grace, the gift of righteousness, the reality of eternal life, and the power of a resurrection life, and you put THAT in your mouth.
1. Growl that over your anxiety.
  2. Whisper that when the panic hits your chest.
  3. Sing that in the shower, in your car, and walking into the boardroom.
    - a) You replace the low hum of anxiety with the low hum of absolute, unshakeable truth.
  4. In part one, I surprised a lot of people when I told you to go on worrying. I did not tell you to stop worrying, not even once.
  5. And I said that God works by displacement...
    - a) He's not going to rip your security blanket from your hands and tell you to suck it up.
    - b) He is going to give you something so much better that you drop your security blanket of anxiety without even realizing because you don't need it anymore.
    - c) Here it is.
    - d) For every mutter of anxiety, try 2 mutters of meditation on the victory of Jesus.
- IV. Taking Back the Director's Seat
- A. So what happens when you actually do this? What happens when you fire the rogue director, seize the script, and start muttering the Word of God over your life?
- B. Taskil/Prosperous**
- C. Look at the second half of verse 8. God gives you a direct cause and effect: "...that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."
1. Let's clear something up right away. This is not some cheap, name-it-and-claim-it prosperity gospel. God is not telling Joshua that if he mutters enough Bible verses, a shiny new gold plated 1445bc Lambo Chariot will magically manifest in his driveway.
  2. The Hebrew word for "success" here is *taskil*. It means to act with wisdom. To have sobriety and a sound mind.
- D. Think about what anxiety actually does to you.
1. Anxiety creates brain fog.
  2. Anxiety makes you frantic.
  3. When the disaster movie is playing in your head, you make impulsive, fear-based decisions.
    - a) You snap at your spouse, you send an email you regret, you self-medicate, or you freeze up and do nothing at all.

- E. But when you seize the microphone in your soul—when you aggressively mutter the truth of God’s grace over your situation—the fog lifts. The panic subsides. *Taskil* kicks in. You start acting with the wisdom of heaven.
  - 1. You stop reacting like a victim and you start operating like a fully-funded daughter or son of a Great King.
  - 2. The prosperity here is a soul that is anchored, stable, and deeply at rest, even when the bullets are flying.
    - a) That is the ultimate anxiety detox.
- F. But how do you find the strength to do this when you feel utterly shattered? When the anxiety is so heavy you can barely breathe, where does the grit come from?
- G. Look at verse 9. This is the hinge of the entire operation. God says, "Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."
- H. Read that again. What is the reason you can be strong? ...FOR the Lord your God is with you."
- I. You don't produce courage so you can earn God's presence. You are guaranteed God's presence, and that produces your courage.
  - 1. Because of the finished work of Jesus Christ, because the messed up identity emanating from your Past Self is dead and buried, you are sealed with the Holy Spirit.
  - 2. God's presence with you is not conditional on your performance; it is a permanent, eternal, blood-bought reality.
  - 3. You aren't fighting for victory; you are fighting from victory.
  - 4. You are fighting from the impregnable fortress of Christ's finished work.
- J. This is me tell you that you have the authority to stand up, rip the old script out of the rogue director's hands, and declare, "We aren't shooting this disaster movie anymore. My God is with me. We are shooting an epic adventure of grace."
- V. Writing an Explosive Script
  - A. So, how does this work?
  - B. How exactly do you do what God told Joshua to do? How do you meditate?
  - C. Let me show you three specific ways to do this.
    - 1. **The Enter Method**
      - a) You take a scripture, and you step completely inside of it by inserting your own name. You become the leading actor in God's script instead of the victim in your anxiety's script.
      - b) Take Psalm 46:1. The script says: "God is our refuge and strength, a very present help in trouble." If you are panicking on Tuesday morning, you need to *hagah*—you need to mutter—that verse using the Enter method.
        - (1) You walk the halls of your office and under your breath, you say: "God is [Your Name]'s personal refuge. God is [Your Name]'s strength. He is a very present help in [Your Name]'s time of trouble..."
      - c) Enter into the Scripture yourself.
      - d) Do you feel the difference? You are aggressively firing the rogue director. You are taking your Present Self, the one raised with Christ, and you are placing yourself directly into the unshakeable reality of God's protection.
    - 2. **The Prayer Method**
      - a) You take the verse and you turn it into a direct prayer. You turn the script from a monologue into a dialogue with the Executive Producer.
      - b) Deuteronomy 20:4 says, "For the Lord your God is He who goes with you, to fight for you against your enemies, to save you."
        - (1) You don't just read that and close your Bible.
        - (2) You turn it into a prayer, not to beg God, but to declare what God has already promised you.
          - (a) You reword it into a conversation. You say: "Lord, You are going with me into this financial crisis, medical consult, marriage proposal, new workout session, courtroom trial... today.
          - (b) You have my back.
          - (c) You promised to fight this specific battle for me, and I trust You.
          - (d) Father your stated goal is to save me and deliver me and bless me, and I am resting my anxious heart in that truth right now."
      - c) You aren't begging God to show up like a prisoner of war. You are standing as a fully pardoned, fully-funded operator, reminding your own soul of what the Father has already promised to do.
    - 3. **The Cycle Method**
      - a) This is the ultimate weapon against catastrophizing. Remember how anxiety is a chain reaction? One bad thought lights the next? The Cycle method breaks the chain.
      - b) You take one central, undeniable truth—like Psalm 136: "For His mercy endures forever." You make that truth the hub of a wheel. Then, you look at every single terrifying "spoke" of your anxiety, and you smash it against that hub.
      - c) You say, "My retirement account just took a massive hit... BUT His mercy endures forever." "I don't know how I'm going to fix my marriage... BUT His mercy endures forever." "I feel like an absolute failure today... BUT His mercy endures forever."
      - d) You systematically dismantle your worry with the sledgehammer of grace. You do not let a single anxious thought pass without colliding it into the finished work of Jesus Christ... by thinking it, saying it, muttering it, shouting it if you have to.
  - D. Put an Awesome Future Self into Your Movie
    - 1. The time for negotiating with the rogue director in your head is over. You do not reason with a terrorist holding your mind hostage, and you do not politely ask anxiety to leave the room.
    - 2. Declare the Word of God, which is the ONLY voice of God that matters into your situation.
      - a) Do you know what God's voice sound like?
      - b) God's voice sounds like snippets from the Bible!

3. God's voice sounds like phrases and truths, from the Bible, properly interpreted, reassembled, and spoken into your mess by you through the Holy Spirit who is in you.
4. That is meditation.
5. So...
  - a) When the enemy whispers, "What if you fail?" you roar back,
    - (1) "I am richly blessed, highly favored, and deeply loved, and the God of the universe goes with me!"
    - (2) Faith is the victory, so my job is faith, God's job is outcomes.
    - (3) Faith is the victory, so when I step out in faith, I cannot lose.
    - (4) The outcomes will be what they are. But I win.
      - (a) I win the smile of God.
      - (b) I win rewards in heaven.
      - (c) I win the applause of angels.
      - (d) I win self-respect that I never had before.
        - i) Who cares the score of the game.
        - ii) Win or lose that, I win the most important battle, the fight of faith.
        - iii) And BONUS... when I go to heaven, that act of faith will be rewarded with treasures that will take my breath away."
    - (5) This is you muttering the voice of God.
  - b) When your anxiety screams, "You are going down," you stand up, look that giant right in the eye, and you declare,
    - (1) "I am more than a conqueror through Him who loved me because My God is a stronghold in the day of trouble!"
    - (2) The worst this world can do is send me home, and I'm longing for that anyway.
      - (a) I fight because death has already been swallowed up in victory.
      - (b) I fight because if this mortal body breaks, a glorified body of indestructible light awaits me.
      - (c) I fight because if my earthly bank account drains to zero, my eternal inheritance remains untouched, guarded by the power of God in the impregnable vaults of heaven.
      - (d) I cannot "get shot down" because my life is hidden with Christ in God and nothing can touch me there.
  - c) When the darkness hisses, "You are insignificant, you are invisible, and your life doesn't matter," you plant your feet and you shout, "I am God's masterpiece, chosen before the foundation of the world, equipped for a destiny the enemy cannot stop!" I don't need the cheap validation of a fading, algorithmic culture. The Creator of the cosmos knows my name. He counts my tears. He has written me into the greatest salvation story ever told. My mundane Tuesday is a theater for divine glory. Every time I mutter His Word under my breath, a mighty shockwave hits the unseen realm, because I am a royal priest, a ruler in the making, destined to judge angels and rule with Christ forever!
  - d) When the rogue director threatens, "The future is dark and completely out of your control," you shatter the screen and you declare, "My times are in His hands, and He who began a good work in me will bring it to a glorious, unstoppable completion!" The future is the marching ground of a victorious King. Human history is not spiraling into chaotic ruin; it is hurtling toward the blinding coronation of Jesus Christ. I do not fear tomorrow because I have read the final page of the script. The sky will crack open. The trumpet will sound. The King of Glory will descend to wipe away every tear, right every wrong, and establish an empire of endless light.
6. Until that day, I will occupy the land of my dominion. I will not retreat. I will not cower. I will not wring my hands in anxiety, worry, or fear.
  - a) I will out-believe, out-love, and out-hustle the darkness, fueled entirely by the scandalous, unmerited grace of a God who never loses.
  - b) Because I'm rewiring my mind in such away that not even the devil can stop my way from being prosperous and stop my steps from good success.
  - c) God said it. I believe it. That settles it.